

# ***Bristow High School***

## **Athletic Department**

B.J. McBride- Athletic Director  
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## ***Bristow Middle School Meet***

**Monday April 7th, 2025**

**Hafer Field**

**621 S Roland St, Bristow, OK 74010**

On behalf of the Bristow Public Schools System, we extend to you and your teams a sincere invitation to participate in our Middle School Boys and Girls Track and Field Meet. The following will give you the information you need for the meet. This will be a timed finals meet. **TEAMS 5A AND BELOW.**

**15 Team limit, please RSVP to [shall@bristow.k12.ok.us](mailto:shall@bristow.k12.ok.us)**

**Entry Fee:** \$70 for each boys and girls team. \$10 per individual if less than (4) members on a team. NO REFUNDS. Make checks payable to Bristow High School.

**Time:** All teams report to Bristow's Hafer Football Field by 9:00 am for coaches meeting. Field events will begin at 9:30 am - All running events at 10:00 am.

**Divisions:** There will be four (4) divisions. 7th Grade Boys/Girls, 8th Grade Boys/Girls

**Medals:** Awarded to 1st, 2nd, 3rd, 4th, 5th, in all individual events and 1st, 2nd, and 3rd in the relay events. No team trophies will be awarded.

**Equipment:** Bristow will furnish all starting blocks to contestants.  $\frac{1}{4}$ " or shorter spikes are required.

**Participants:** Each school can only enter 3 athletes in each event.

*Oklahoma Secondary School Association Rules Apply*

**Contact:** Scott Hall      email: [shall@bristow.k12.ok.us](mailto:shall@bristow.k12.ok.us)      phone: 918-859-4814

## **Bristow Middle School Track Meet**

### **Schedule of Events**

#### Field Events

9:30 a.m.	High Jump	8B, 7B, 8G, 7G
	Long Jump	8G, 7G, 8B, 7B
	Shot	7B, 8B, 7G, 8G
	Discus	7G, 8G, 7B, 8B
	Pole Vault	7G, 8G, 7B, 8B

#### Time Finals

10:00 a.m.	400 Relay	7-8 Girls, 7-8 Boys
	3200 Relay	7-8 Girls, 7-8 Boys
	100 Hurdles	7-8 Girls
	110 Hurdles	7-8 Boys
	800 Relay	7-8 Girls, 7-8 Boys
	800 Run	7-8 Girls, 7-8 Boys
	100 Dash	7-8 Girls, 7-8 Boys
	400 Dash	7-8 Girls, 7-8 Boys
	300 Hurdles	7-8 Girls, 7-8 Boys
	200 Dash	7-8 Girls, 7-8 Boys
	1600 Run	7-8 Girls, 7-8 Boys
	1600 Relay	7-8 Girls, 7-8 Boys

#### Qualifying Distances and/or Starting Heights

<b>High Jump</b>		<b>Pole Vault</b>	
	<u>Boys</u>	<u>Girls</u>	
7th	4-04	3-08	5-06
8th	4-08	4-00	6-06
<b>Shot 4k (3 throws/ no final)</b>		<b>Discus 1k (3 throws/ no final)</b>	
	<u>Boys</u>	<u>Girls</u>	
7th	25'	18'	60'
8th	30'	20'	80'